



TEAM 2020 PROGRAM

Outline & Criteria

Preamble

The Karate Canada “Team 2020” program is one of the key Pillars of the Karate Canada High Performance Plan. It aims to provide strategically targeted support and allocation of specific resources for the purpose of preparation of a small pool of selected athletes who show strong evidence of qualification for, and podium potential for the Tokyo 2020 Olympic Games.

The Program will begin on April 1st 2017 and will run until November 2020 (inclusively). The structure, criteria and benefits of the Program may change once the 2020 Olympic Qualification criteria are known, and will be dependent on Karate Canada’s funding, and other available resources at the time.

There are 3 parts to this document, as follows:

PART I – Program Description

PART II- Selection Framework

PART III – Targeted Athlete Support – Entitlements and Benefits

PART I – Program Description

As mentioned above, Team 2020 is designed to provide targeted resources and enhanced support to a small group of athletes who have a legitimate chance to:

- a) Qualify to compete for Canada in the Tokyo 2020 Olympic Games, and;
- b) Reach a podium position in the Tokyo 2020 Olympic Games.

Members of the Senior Kata and/or Kumite National Team Roster will not automatically qualify to participate in the Team 2020 Program. There are distinct qualification criteria, described below, to determine who will be invited to participate in this program.

Athletes selected for the Team 2020 Program will receive enhanced and targeted support and resources linked to their Individual (Quad) Training and Competition Plan (ITCP) and Yearly Training Plan (YTP). The ITCP and YTPs will be developed in collaboration with the respective Senior Kata and Kumite Head Coaches. The ITCP will form part of the Team 2020 Athlete Contract.

Specific services and entitlements will be described in more detail in Section III; however, generally speaking, entitlements and support will include (pending budget availability and individual athlete needs):

- Enhanced Coaching support,
- Enhanced Integrated Support Team services,
- Enhanced support towards participation in International Competitions,
- Enhanced support towards participation in Domestic and International Camps,
- Enhanced Daily Training Environment

PART II- Selection Framework

Overall philosophy of the selection criteria and process

The overall philosophy of Team 2020 is to identify and support athletes who, based on current performance levels, appear likely to qualify for, and/or reach the Podium at the Tokyo 2020 Olympic Games, or who, based on evidence and input from the respective Head Coaches, are on a performance path that is likely to reach the same outcomes within the (yet to be published) qualification time period.

It should be noted that at the time of writing this document, qualification criteria for Karate for the 2020 Tokyo Olympic Games have not been determined by the WKF. When this is known, it is likely that certain elements of this Program will be modified.

How athletes are selected:

Composition of the Team 2020 Management Committee will be recommended by the High Performance Committee Chair and will require Board approval. Athletes will be selected based on a number of different performance criteria. Since there are no documented and proven criteria that can accurately predict who can make an Olympic Team in Karate, or who is capable of reaching the podium in any single international event, the Team 2020 Management Committee will select athletes based on consideration of the following parameters (not necessarily in order of priority):

- Recent Performance outcomes at international events. This will include (but will not be the single determining factor):
 - Reaching the podium at a Karate-1 Championships (either Premiere League or Series A) or at Senior Pan American Championships within the 18 months preceding the selection period,
 - Earning a top 7 finish at Senior World Championships within the 18 months preceding the selection period,
 - Winning at least 3 matches at a Senior World Championship, at a Karate-1 Championship (either Premiere League or Series A) or at Senior Pan American Championships within the 18 months preceding the selection period.

(NOTE: both of the previous 2 criteria will be considered in respect of “strength of field” of the overall tournament AND the head-to-head matches. ...)

- Performance and/or physical testing criteria consistent with critical elements of the Karate Canada Gold Medal Profile (GMP)
- Commitment to an agreed high performance Daily Training Environment. This will include (but will not be the single determining factor):
 - Face to face training for an agreed amount of time with an “approved” coach (either personal/dojo coach, Provincial Coach, KC Regional Coach, National Head Coach or Assistant Coach), as determined by the Senior Head Kata or Kumite Coach, and as agreed in the ITCP;
 - (For Kumite Athletes only:) Sparring with an agreed number of quality sparring partners (who are at an agreed level), and for an agreed duration and frequency of sparring per week, as determined by the Senior Head Kumite Coach, and as agreed in the ITCP;
 - Regular performance planning meetings between Head Coach and club coach (and other related performance stakeholders e.g. local IST, Provincial Coach etc.). These will usually be in the form of a teleconference or Skype meeting, but may from time to time be face-to-face meetings.
 - It is recognized that the athlete’s personal Dojo Coach is the primary coach for each athlete on the Team 2020 Program in terms of the frequency of face-to-face coaching time. As such there will need to be a high level of collaboration between the respective Dojo Coaches and the National Head Coaches in terms of developing and adhering to the Individual Training and Competition Plan and support for a periodized international competition schedule (in terms of peaking, tapering and technical/tactical preparation)
 - Inability to align the National Program (i.e. adherence to the agreed Individual Training and Competition Plan) with the necessary training quality and quantity in the Daily Training Environment may result in removal from the Program
- Demonstration of a positive performance trajectory over the 18

months prior to the respective annual assessment and intake period which will occur following KC National Championships each year.

- Reasonable expectation by the respective Head Coaches that if an athlete does not CURRENTLY meet appropriate performance outcomes, and/or does not explicitly meet the GMP profile criteria known at that time, that they will be on a positive performance trajectory and are expected to meet the conditions prior to final 2020 Olympic team selection, or within and appropriate time period.
- Completion and signing of a ITCP
- Signing a Team 2020 Program Athlete Agreement

NOTE: Selection to the Team 2020 Program is only open to members of the Kata and Kumite Senior National Team Rosters. Selection is not based on accumulation of points as per the published Karate Canada Senior National Team Kata and/or Kumite Selection Criteria for selection to the respective Senior National Rosters. It is possible that an athlete with lower accumulated points, as per the Senior National Selection Criteria, may be chosen over an athlete with higher points.

In addition to the above conditions and criteria, athletes selected for the Team 2020 Program must also meet the following conditions:

- Hold Canadian Citizenship
- Be in good standing with Karate Canada
- Compliance with all CCES anti-doping requirements

How to maintain a position as a Team 2020 targeted athlete

Athletes selected to be part of the Team 2020 Program will hold their position for a period of at least 12 months (or until the next intake and assessment period), as long as they continue to demonstrate adherence and compliance to their agreed ITCP, Yearly Training Plan (YTP) and Team 2020 Program Athlete Agreement. If it becomes known that an athlete is not maintaining agreed training, performance and/or fitness/health conditions for any reason, they will be required to meet with the respective Head Kata or Kumite Head Coach to determine their continued eligibility.

Depending on the individual situation, the Head Coach may recommend to the Team 2020 Management Committee to:

- Remove the athlete from the Program immediately, or
- Give a period of no longer than 6 months (or until an appropriate major international competition) to remedy their situation, so as to be in compliance with the eligibility conditions described above.
 - If the athlete has not remedied their situation at that time, they will be removed from the Team 2020 Program;
 - Athletes removed from the Program may be considered for re-instatement at the next intake period.

Injury or illness

If an athlete sustains an illness or injury, or becomes pregnant while they are part of the Team 2020 Program, their status will be immediately reviewed by the Head Coach and the Team 2020 Management Committee. If, in the opinion of the respective Head Coach and the Team 2020 Management Committee (after seeking medical advice from appropriate experts) they are able to recover, they may maintain their status on the Program as long as the following conditions are met:

- The athlete adheres to a medical and/or return to fitness protocol;
- Monthly reports are provided as per the “return to fitness and competition” plan set out by the Head Coaches and IST.

If, in the opinion of the Head Coaches and the Team 2020 Committee (and based on medical advice), the athlete is considered to be unlikely to be able to recover in time to qualify for and / or compete in the Tokyo 2020 Olympic Games, they will either suspended or removed from the Program.

NOTE: KC is under no obligation to maintain a specific number of athletes in the Team 2020 Program. Removal of an athlete from the Program does not necessarily mean a replacement athlete must fill that position.

PART III – Targeted Athlete Support – Entitlements and Benefits

There are no specific benefits or entitlements for all athletes on the Team 2020 Program, nor is there any minimum or maximum budget allocation for each athlete on the Program.

Each athlete on the Team 2020 Program will, in collaboration with the respective Head Coaches, develop a customized ITCP and YTP designed to optimize their continued progression towards Olympic qualification, and the best possible result in Tokyo. Services will then be matched to available budget and a yearly service and support plan will be determined. The range of services will address the following key areas of High Performance support.

NOTE: Not every athlete will receive support from every service area as listed below, and not every athlete will receive the same entitlements. Each athlete on the Team 2020 Program will receive customized support according to their ITCP and YTP.

1. IST
 - Periodic Functional Medical Screening
 - Testing as per the KC National Testing Protocols
 - Medical support
 - Support towards Injury Management, Massage and Recovery services as needed
 - Support towards other Sport Sciences services as determined by the ITCP and YTP (e.g. Sport Psychology, Nutrition, Physiology, Performance Analysis, Strength and Conditioning and other service areas)
2. Training Camps*
 - Support to attend Domestic and International Training Camps as determined by the respective Head Coaches
3. Competitions*
 - Support to attend Domestic and International Competition as determined by the respective Head Coaches
4. Coaching*
 - Support for increased face-to-face coaching as appropriate with the respective National Head Coaches
 - This may involve the respective Head Coaches traveling to the athletes DTE and/or athletes traveling to the

respective Head Coaches location

5. Daily Training Environment (DTE)

- Support for appropriate Daily Training Program needs as determined by the respective Head Coaches
- (Potential) Access to CSC/CSI Game Plan services - as per the respective CSC/CSI policies and conditions

(* = Please note: Team 2020 targeted athlete funding / support towards participation on training camps and competitions will be in addition to existing direct athlete funding / support as normally budgeted for Team Canada participation in international events, and will not replace such direct athlete funding. Whenever Team 2020 targeted athletes will be offered such additional funding, it will be up to the total estimated cost of participation (travel, lodging, meals...), minus any amounts already being awarded to the athlete as part of the overall Team Canada direct athlete funding.)